

JULY 2011 FREDERICK SENIOR CENTER ACTIVITIES

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
4 <u>CLOSED</u> ***** <u>Candice-Vacation week</u> Cancel strength training & yoga-July 5-8	5 10:00-Blood Pressure 12:00-Mah Jongg 12:35- <u>Bingo</u>	6 12:30-Blotter Bingo 12:30-Bridge/Pinochle	7 9:00-Quilting 12:30-Music by Evelyn & <u>Charles Summers</u> 1:00-Bookmobile 1:30-Knitting	1/8 1 st -12:30-Canasta -12:30-Zumba Gold* 8 th -12:30-Canasta
11 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	12 11:00-Strength Training 12:15-Chair Yoga* 12:00-Mah Jongg 12:35- <u>Bingo</u>	13 9:00-Strength Training 11:00-M&M Exercise 12:30- <u>Meals On Wheels</u> <u>Program/Mary</u> 12:30-Bridge/Pinochle 12:30-Zumba Class*	14 9:00-Quilting 11:00-Strength Training 12:30- <u>"Partners in Care"/</u> <u>Sarah</u>	15 9:30-Strength Training 12:30-Canasta 12:30-Zumba Class*
18 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	19 11:00-Strength Training 12:15-Chair Yoga* 12:00-Mah Jongg 12:35- <u>Bingo</u>	20 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30- <u>A Time To Talk/Edi</u> 12:30-Bridge /Pinochle 12:30-Zumba Gold*	21 9:00-Quilting 11:00-Strength Training 12:30- <u>Music "Who So Ever</u> <u>Will"</u> 1:00-Bookmobile 1:30-Knitting	22 9:30-Strength Training. 12:30- Canasta 12:30-Zumba Gold*
25 9:30- Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	26 11:00- Strength Training 12:15-Chair Yoga* 12:00-Mah Jongg 12:35-Bingo	27 9:00- Strength Training 11:00-M&M Exercise 12:30- <u>Low/Limited Vision/</u> <u>Mary Schwartz</u> 12:30-Bridge/Pinochle	28 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>"With Age Comes</u> <u>Illness"/Steve</u>	29 9:30-Strength Training 12:30-Canasta

FREDERICK SENIOR CENTER-1440 TANEY AVE., FREDERICK, MD. 21702-301-600-1605
 LINDA MCGINNES-COORDINATOR 301-600-3525 www.FREDERICKCOUNTYMD.GOV/DOA
 MEAL RESERVATIONS-DEB AYERS-301-600-1048-48 HOURS IN ADVANCE
 HOURS-M-F-8:30-4:00

SPECIAL MEAL-JULY 14-1 1/4LB. HOT DOG, BAKED BEANS, PIE ALA MODE